

## ABSTRACT OF THE DISCLOSURE

The present invention relates to exercise apparatuses. In more particular the present invention relates to a self-adjusting treadmill having a moveable console and a self-adjusting cushioning assembly. According to one aspect of the present invention, the moveable console and the self-adjusting cushioning assembly of the treadmill automatically adjust based on user parameters. The user parameters can be input by the user or automatically detected when the user steps on the treadmill by the movable console and/or the cushioning mechanisms. For example, in one embodiment, when the user steps on the treadmill, the self-adjusting cushioning assembly detects the weight of the user and automatically adjusts the amount of cushioning to accommodate the weight of the user.

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